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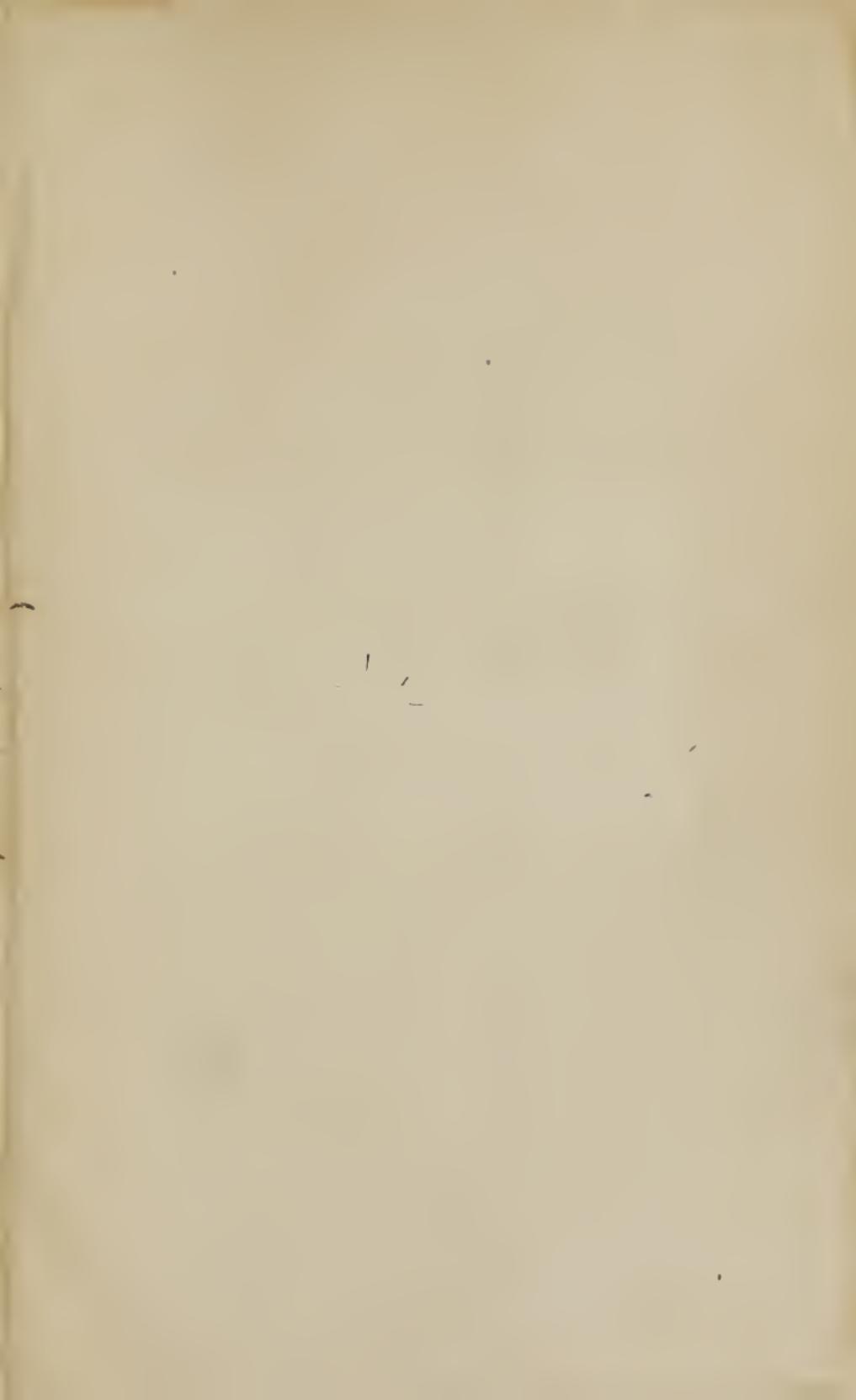
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GUIDE
TO
THE HEALTHY
Bind this cover in front
PRESERVING THEIR HEALTH.
AND TO
THE SICK
IN RECOVERING IT.

By S. S. FITCH, M. D.,

AUTHOR OF "SIX LECTURES ON THE PREVENTION AND CURE
OF PULMONARY CONSUMPTION, ASTHMA, DISEASES OF
THE HEART," ETC.; "A SPECIAL TREATISE ON
DISEASES OF THE HEART;" "ON HEALTH,
ITS AIDS AND HINDRANCES," ETC.

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CONTENTS.

Consumption, Bronchitis, and Catarrh.....	Washington, D. C.	13
Asthma	14
Diseases of the Heart.....	17
Dyspepsia	23
Liver Complaints	24
Piles, or Hemorrhoids	28
Urinary Complaints	28
Female Complaints	29
Rheumatism and Neuralgia.....	32
Skin Diseases.....	34
Diphtheria.....	37
Croup	43
Scarlet Fever.....	43
Laws of Life.....	44
Causes of Premature Deaths.....	46

S. S. FITCH, A. M., M. D.,

714 BROADWAY, NEW YORK.

1864.

CONSULTATION FREE.

Dr. S. S. Fitch makes no charge for consultation or advice, whether personally or by letter. His office is at **714 Broadway, New York**, where he or his partners may at all times be found, from nine o'clock A. M. till six P. M. (Sundays excepted.) See third page of cover.

For the benefit of those who cannot visit the city, he has so arranged his practice and prepared his remedies, that he can treat them successfully and satisfactorily at a distance, although he prefers that the patient should give him the opportunity of a personal examination whenever it is practicable, by calling at his office. But when this cannot be done conveniently, invalids may write a full statement of their case, answering the questions below, and stating all facts necessary for a full understanding of their symptoms and condition, with whatever request they have to make, and mail it to Dr. SAMUEL S. FITCH, at his office in New York. A candid opinion in regard to the case will be promptly returned. Remedies may be sent by express to all parts of the country, and the treatment conducted by letter. His treatment, conducted upon this plan, has been attended by the most gratifying results, and its benefits have been extended to thousands who could not leave their distant homes, and must, therefore, if they had been required to do so, have failed of relief. The remedies he employs are carefully prepared under his own hand.

His charges are moderate, and those in poor circumstances, who want his assistance, should not hesitate to apply to him because they may fear that their means may not allow them to procure his remedies and counsel. All such persons will find him considerate and liberal.

QUESTIONS TO INVALIDS.

Those applying to Dr. SAMUEL S. FITCH for consultation or advice, will please write him a full statement of their condition and symptoms. The following questions will aid them in doing so. These they may answer, and add any facts or circumstances not embraced in them, which are necessary to a complete understanding of their cases :

Give, name, age, residence, occupation ? family consumptive, or what complaints subject to ? where born and brought up ? married or single ? strong or delicate ? lean or lousy ? tall or short ? straight or stooping, or deformed ? height and size around the waist, two inches above the hips ? color of hair ? complexion ? have you any humor, scrofula, cancer, skin disease, headache, cough, asthma, rheumatism, or pain anywhere, loss of voice, hoarseness, catarrh, dropsy, expectoration much, raise blood, fever or night-sweats, chills, confined to bed or house, palpitation, nervous fits, palsy, bad dreams, sour or sick stomach, dyspepsia, flatulence, distress at stomach, colic, all-gone feeling anywhere, costiveness, diarrhoea, appetite good or bad, piles, fistula, gravel, heat of urine or scanty sediment ? If a lady—married ? had any female complaints ? irregularity ? weak back ? pain anywhere ? any bloating ? bilious ? worms ? indigent or easy circumstances ? any bad fits of sickness ? taken much medicine ?

In writing, if you wish an answer, always put in a postage stamp to pay the postage back, give the name of your post-office, county, and State in full. Do not neglect this. Address

DR. SAMUEL S. FITCH, 714 Broadway, N. Y.

DR. FITCH'S REMEDIES. For any of the medicines not found at his agents, used by Dr. FITCH in his practice, which the reader may wish to procure, apply directly to Dr. FITCH, at his office, by letter or personally.

GUIDE IN HEALTH AND SICKNESS.

BY DR. S. S. FITCH,
714 BROADWAY, N. Y.

As light to one in darkness; as sunshine through the storm; as fire to the freezing; as food to the starving; as wealth to the poor; so is health to the sick.

He who, by medical knowledge, medical experience, or medical remedies, can cure the sick, becomes a benefactor of his race, and deserves the rewards, the honors, and the gratitude of mankind.

If such exist, it is of the last importance that the sick, and the friends of the sick, should know where to obtain relief, and on whom they may and can truthfully bestow their confidence. It is every thing to the invalid to know that he can be cured, and who or what can cure him.

My father and grandfather, and myself, have practised medicine one hundred and sixteen years, unbroken. I have been consulted during the last twenty years by about 100,000 persons, suffering from every variety of human malady.

I here most solemnly record my belief that there are no diseases incurable in themselves, but their final fatality is owing to ignorance of remedies which do actually exist, and which would cure the sick if seasonably employed. A disease wholly incurable by one physician is often perfectly curable by another. The sick should never despair of help, but keep seeking and

trying remedies, until they find relief. They should also know that old chronic diseases usually require some considerable time for a permanent cure.

In the course of a long practice I never lost but one patient, when I was the first physician called.

I will enumerate some of the diseases which I especially treat, and treat successfully.

First, Pulmonary Consumption. In 1840 I first began to lecture on Consumption in England. I afterwards lectured in the United States. In 1846, I published my six lectures "On the Uses of the Lungs; On the Causes, Prevention, and Cure of Pulmonary Consumption, Asthma, Diseases of the Heart; On the Laws of Life, and Mode of Preserving Male and Female Health to 100 Years."

The teachings first enunciated in these lectures, and spread everywhere by the press, and by intelligent lecturers and professors of medicine in this country, have materially lessened the prevalence and fatality of Consumption among all the educated intelligent classes in the United States. My own impressions are, that among these classes in this country, Consumption has declined one-third in twenty years.

In 1857 I published a large work on Consumption. In this I described twenty-four different diseases called Consumption. No disease to which we are liable is so entirely preventable as Pulmonary Consumption. It is also curable before the lungs are very greatly disorganized.

CONSUMPTION.

I need not describe this disease, it is so universally known. As a general thing it is indicated by a cough and expectoration, pain, shortness of breath, chills, fever, night-sweats, loss of flesh and strength, a general wasting of the system, which, if unchecked, in a longer or shorter time lays the sufferer in the grave. In some cases, especially in those who are consumptive by their family, its beginning is hardly noticed. One of

the earliest symptoms of consumption is a sense of weariness, loss of strength, easily overcome by exercise or labor; slight shortness of breath, much increased by any exertion; a disinclination to exercise, &c. When these symptoms are noticed in any person, especially the young, and those who have any taints of Consumption in their family, either near or remote, they should receive prompt attention, and be cured. It is often the case that many are struck with Consumption long before they have a cough. Read carefully the following letters, and you will get as clear an idea of Consumption, and its symptoms and curability, as I can describe.

BRONCHITIS.

This is a skin disease, that affects the skin or membrane that lines the windpipe and vocal organs, and all the air-pipes and air-cells of the lungs. I mean all those surfaces which the air touches when it enters the chest. The effect of Bronchitis is to produce hoarseness, weak voice, loss of voice, cough, and Consumption. Indeed, there are very few cases of Consumption where Bronchitis is not more or less present. Bronchitis is usually a true Salt Rheum. The cough in Bronchitis is usually attended with a copious expectoration of mucus, and even pus: of course the quantity raised will depend much on the extent of the disease.

CATARRH.

This is a skin disease located in the nostrils, often extending to all the nasal passages; backwards, it occasionally reaches the Eustachian tubes, causing partial deafness; upwards, it often enters between the plates of the bones of the forehead, inducing at times severe and long-continued headaches, pain in the forehead, temples, etc., often of a highly neuralgic character: sometimes only one side of the head is affected. I have seen catarrh produce fearful ravages in the nasal bones, so as to remove them

entirely. Frequently catarrh is attended with a very offensive odor from the nostrils and parts affected.

These three diseases, Catarrh, Bronchitis, and Consumption, are often found together in one person, and so are usually grouped together. Separately or together, they are curable.

How can their Curability be Proved?

I think, best by the testimony of intelligent persons who have suffered from them and have been cured.

I give this proof from persons who can be easily referred to, personally or by letter.

Should you write, by all means inclose a stamp to pay the return postage. I especially request my friends never to answer a letter of inquiry if a stamp is not inclosed.

The writer of the following letter, Wm. Clayton, Esq., married Mrs. Parkinson, widow of Wm. Parkinson, Esq., who with his uncle formed the celebrated law firm of Parkinson & Nephew. They were solicitors to the Duke of Wellington, also to Coutts' Bank, and to the late Duchess of St. Albans.

Mrs. Parkinson, now Mrs. Wm. Clayton, suffered greatly for fifteen years from inveterate dyspepsia and female troubles. Mr. Clayton applied to me for her relief, and before long she fully regained her health. In London she told me, "You have saved my life." After Mrs. Clayton recovered, by her and Mr. Clayton's advice, many of their relatives and acquaintances placed themselves under my care, and all who did so were cured. Mr. Clayton always keeps my remedies on hand for the relief of any sufferers that come under his notice.

CONSUMPTION.



What is said of Dr. S. S. Fitch in London.

No. 10 Warwick Gardens, Kensington,
LONDON, Nov. 13, 1863.

Dr. S. S. FITCH:

Dear Sir—Six weeks ago I was sent for to see a young lady 21 years of age. She had been given up by four of our best doctors. They all told her she had consumption, and could not live many weeks. She had nearly lost the use of her legs. Her finger nails were quite black. A bad cough. Her menses had stopped eighteen months. I told her father and mother I could cure her with your medicines, and I am most happy to inform you that she is getting better very fast. She can now walk up and down stairs well by herself. Before I saw her, all hopes of her recovery were given up. Several persons have been to see her. They all think it quite a miracle.

A gentleman happened to call to see her a few days ago who had just returned from New York, and of course they asked him if he had ever heard of Dr. S. S. Fitch in New York. He told them, "*Yes. He is the best physician in New York, and very much thought of there.*" Mrs. Clayton, Mr. Parkinson, Mr. Scantlebery, and Mr. Townsend all send their kind regards to you.

Yours, ever sincerely,

WILLIAM CLAYTON.

Case of John Carhart, Gilderland, Albany Co., New York,
aged 17 years.

Called on me in May last. The February before he had an attack upon his lungs, which greatly affected them, leaving him

with a bad cough, pain in his side, short breathing, etc. This continued on him four months. All medical aid seemed unavailing, all hope of his recovery was abandoned. His parents were urgently advised to consult me, which was done. In four months all cough, all expectoration, and all pain left him, and he is now in good health. His right lung was badly ulcerated.

NEW YORK, March, 1864.

MARINER'S HARBOR, STATEN ISLAND,
NEW YORK, Feb. 15, 1864.

DR. S. S. FITCH:

Dear Sir—I applied to you in August, 1858. I had then a very weak chest, cough, spitting blood a little at different times. My left lung very weak, and said to have been ulcerated. I have fully recovered my health years ago. Last year my health was better than I ever remember it, and is now very good. I have the utmost confidence in your remedies. Two years ago I lost a sister by consumption.

Yours, truly,

THEODORE M. DECKER.

BRANDRETH HOUSE, N. Y.,
June 10, 1862.

CLARKE RICE, Esq.:

Dear Sir :—I have just heard from my friend, Dr. S. S. Fitch, of 714 Broadway, that he purposed to visit Watertown for a few days. I have been long and intimately acquainted with Dr. Fitch. He cured me of a bad cough, expectoration, etc., which had affected me eighteen months. I have sent many invalids to him suffering with sore throat, cough, bleeding lungs, heart troubles, dyspepsia, etc., and have in every case witnessed relief, and in many cases most astonishing cures. I have witnessed Dr. Fitch's immense practice and great success for

many years, until I am forced to believe that he is one of the first of all living physicians. He leaves home awhile for the benefit of country air. Your citizens will have a rare opportunity of profiting by his great science and experience. You can recommend him to your friends with the most perfect confidence.

Please accept my affectionate regards,

GEORGE H. MALLORY.

A Case of true Consumption Cured.

Interesting Letter from Cornelius de Revere, Esq.

TARRYTOWN, N. Y., March 10th, 1854.

DR. S. S. FITCH:

Dear sir—I feel it to be a duty I owe to yourself and the community, to make a public acknowledgment of the fact, that, under your treatment, by the blessing of God, I have been restored to comfortable health, after going down to the very borders of the grave with true *pulmonary consumption*.

As I am informed by physicians, it is nearly or quite impossible to determine, with absolute certainty, that any individual now in health ever had true consumption; that although consumption may be curable, still the facts of such cure can only be obtained by a *post-mortem* examination of the lungs. This may, in most cases, be true; but it is not in my case, as the circumstances which I will relate conclusively show.

Consumption first began to develop itself in my own lungs in 1842, by a cough, and the usual attending symptoms of decline in strength and flesh, pain about the region of the chest, through the shoulders and under the shoulder-blades. The disease continued slowly, but steadily and obstinately to progress. The best medical advice and assistance I could get appeared to

oppose no check to it. By the year 1845 I had become very feeble, coughed much, expectorated largely, with all the ordinary indications of diseased and wasting lungs. During the last-named year a new feature presented itself; a large abscess gathered in the left side, and broke, discharging a great quantity of thick matter, resembling very much that which I coughed up. This discharge continued until I called on you in 1847. *It proved to proceed from a cavity in the lungs.* Ulcerous and tuberculous cheesy matter was discharged; but what showed conclusively that the opening penetrated into the substance of the lungs was, that the air passed out through the abscess. *I could, and did frequently blow out a lighted candle* by placing it immediately before the opening, and making a sudden effort at expiration. Here was positive proof that extensive ulceration, involving the substance of the lungs, was going on. All my symptoms indicated consumption—cough, expectoration, distress for breath, hectic fever, night-sweats, etc. My friends and my physician regarded me as certainly doomed to the grave by the disease which was on me, as though I had been already in my coffin.

This was my apparently hopeless condition when, in January, 1847, I most fortunately applied to you. I did so with very little hope of relief. You yourself did not express a very confident hope that you could rescue me from the grasp of a disease so firmly fastened—but still encouraged me by saying that you thought it *possible* I might be cured, if I adopted and faithfully pursued your treatment. I did so; and with gratitude to God for His blessing upon the means you employed, and with gratitude to you for your skill and kindness in treating me, I can say that I have been in the enjoyment of good health for the last four or five years. I pursue my ordinary business, have no cough, no pain, have my usual flesh, and nearly my usual strength. I do not suppose that I am as strong as I would be with lungs that had never been diseased. The front lobe of the left lung is nearly all gone.

My case may appear almost incredible to those who regard

seated consumption as incurable. But if the skeptical will write, or call on me at Tarrytown, N. Y., I can, I think, convince them that at least one case has been cured by your admirable treatment. With the sincere wish that others similarly situated may apply to you and find relief,

I am most gratefully yours,

CORNELIUS DE REVERE.

Mr. Revere is still in good health, 1864.

LITTLE FALLS, HERKIMER Co., N. Y.,

March 3d, 1864.

DR. S. S. FITCH :

Dear sir—You wished me to write you a full statement of my case ; I will try and do so, as near as I can. In December, 1863, I was attacked with a severe turn of bleeding at the lungs. I was very much reduced, and so weak that I could not raise myself in bed, nor even feed myself. I was attended by skilful physicians, who did all they could to relieve me, but the relief I obtained was only momentary. I had daily hectic fever, cough, expectoration, sore throat, and at times a great heat and dryness and tickling in my throat. Had severe palpitation of the heart, pain through my chest and shoulders, great pain in my back and sides, also costiveness, piles, sour stomach, bloating of the bowels, coldness of the lower limbs, night-sweats very bad. Physicians and friends thought consumption would soon lay me in the tomb ; indeed, I thought myself that dread disease had fastened upon me with an iron grasp, no more to be unloosed until wrapped in the cold and icy arms of death. I had lost father and mother and other relatives with consumption, and I soon expected to follow them. I was in this state when my wife called on you at Utica, July 10th, 1863, and stated my case to you. You gave her no encouragement. Your answer was, that, under all the circumstances, the probability was that medicine would do no good, more than to relieve me for a short time, for you considered

my case hopeless; but said if I wished you would give me medicine, with shoulder-braces and supporter. I took them faithfully, but saw no change for nearly four weeks, only my appetite seemed to be improving. In about two months I was able to ride out, seemed to gain strength daily, and am now enjoying a comfortable state of health, although I have to be very careful of myself, as my lungs are still very weak. March 1st, 1864, I called on you at Utica, the only time I have ever seen you. On examining my chest, you said, by strictly following your directions a few months longer, through God's blessing, I would again become a healthy man. I would advise all those similarly afflicted not to give up until they have given your remedies a trial. Kind sir, allow me again to thank you for the kindness you have ever manifested towards me, and I sincerely hope your valuable life may be spared many years to come, and may Heaven's richest blessings rest upon you, is the sincere wish of your friend,

R. W. WHEELER.

Case of Mrs. Abby Hadly.

If there are any who deny the curability of consumption, the following case ought to satisfy them to the contrary.

AMSTERDAM, NEW YORK,
March 5th, 1864.

DR. S. S. FITON:

Dear sir—In December, 1862, I was taken with a cough and trouble of my lungs, especially the right lung. This increased, with fever. My expectoration became very copious; I raised a great deal of pus. I suffered from chills, fever, and night-sweats. I lost flesh and wasted rapidly. My appetite was very poor, and my monthly nature left me entirely. The ends of my fingers became knobby, and the ends of the nails turned inwards; there was a dark purple color under my nails. Great quantities of matter would seem to accumulate in my

right lung ; finally an ulcer opened through the chest between the fourth and fifth ribs, about four inches from the breast bone, nearly in the centre of the front of my right chest. When I drew in my breath the air would rush out through this opening, so that I could blow out a candle from it ; the air would make a whistling, rushing sound whenever the ulcer was uncovered. Through this opening a great quantity of pus passed out every day. I have known as much as one pint to come out at once. Most usually about half a pint would come out night and morning when the ulcer was opened. I was wholly confined to my bed, and had a bad cough, chills, fever, night-sweats, poor appetite, etc. In this situation I lay in my bed five months, and was reduced to a mere shadow of my former self. My face was pallid and utterly sunken. All hope of my recovery had disappeared. I had the best medical advisers the country afforded. All faces reflected on me but one look, that of hopeless pity. On the 19th day of October, 1863, I commenced taking your medicines and following your directions. Without the least shock to my system, and hardly apparent at first, I began to recover, and every symptom of my dreadful disease improved, my cough lessened, my appetite returned, I raised less, and the discharges through the ulcer became less, until, finally, all symptoms of disease disappeared. I am now very well ; color has returned to my cheeks, indeed I think my complexion is better than before I was taken sick. I have not entirely recovered my strength, but I am very well. I have no cough and no expectoration, no pain, etc. I need not say any thing of your remedies, directions, etc. ; the result of my case tells enough of them. I have only to thank a good God for having directed me to you, and to thank you for your most benevolent kindness.

ABBY HADLY.

A S T H M A .

Asthma, sometimes called phthisic, is a most distressing complaint, affecting the lungs and the breathing. At first, it comes by attacks lasting from two hours to five or six days and nights. It is characterized by short breathing, greatly aggravated on attempting to talk or walk or move, often not able to lie down at night. On first attacks there is in many persons a dry cough, which in some cases continues dry until the fit of asthma is over. In most cases, in from one to three days and nights the cough becomes humid, and much phlegm or mucus is expectorated. In this way the attack goes off, and may return in one week or many months. Often these attacks increase in frequency until the unfortunate sufferer is affected all the time, and cannot lie down at all at night, but is forced to sit up, oftentimes leans forward on some support, and for hours struggles against apparently impending suffocation. I have known cases where for months and years they could not lie down at night. I knew one case of fifteen years' continuance, that during the last three years the sufferer, a lady, could not, from debility and the disease, sit up or lie down; a sister held her up every night. I had the pleasure of curing this case permanently in three weeks. I have now known of her good health ten years or over.

I would say to the invalids, I always cure asthma in all its forms and in all its varieties. All get well. It is only a question of time. Some get well sooner than others, but all get well. Use the remedies I direct long enough, and you will get well. I have seen cases of asthma in aged people which I have thought advisable only to palliate.

Asthma of Twenty-three Years' Standing Cured.*A conclusive Letter from Charles S. Powell, Esq.*

220 COLUMBIA-ST., S. BROOKLYN,

August 14, 1856.

DR. S. S. FITCH:

Dear sir—I owe it to the public and yourself to give a statement of my case. I was born and grew up at Islington, near London. Occupation, clerk and teacher. From early life I was subject to wheezing and asthma. I of course received the assistance of the best physicians in England—Dr. Leman Teignmouth, Dr. Frederick Salmon, of London, and a great many others, with only slight relief. In 1836 I went to Egypt, where my asthma was relieved some, but had a bad dysentery. There met Dr. Abbott. In 1840 I returned to England, followed by immediate dreadful attacks of asthma. I stayed three years in England, then went to Syria, in Asia, and stopped at Beyrouth (asthma left—had dysentery), and visited Jerusalem, in the Holy Land. At Jerusalem I saw Dr. McGowan. From Syria I went to England, then to Boston and this city. I suffered dreadfully with asthma in Boston; and truly I think my case was one of the worst I ever knew. I obtained no permanent relief whatever here until I applied to Dr. Fitch, 714 Broadway. For many months now I have had no attack whatever, and consider myself perfectly cured of that affliction.

I remain yours respectfully,

CHAS. SAMUEL POWELL.

Case of Miss Mary Bigger.

BIN BROOK, C. W., March 3, 1864.

DR. S. S. FITCH:

Dear sir—For four years I was very much affected by asthma. I had it some nearly every day, and at times very bad; often I

could not lie down much at night. Every change of weather to cold, or wet, or wet and cold, or stormy, my asthma would at once come, and I would be very ill with it. I tried every thing I could hear of, several physicians prescribed for me, but without much, if any, good effect. Last September I applied to you for relief, and used your remedies several months. The result, so far, is very happy. I have had but one attack of asthma since I first placed myself under your treatment. I do not take cold nor feel the changes of the weather as I once did. I feel, and have long thought myself, perfectly well. Please accept my best thanks.

Case of Donald McIntosh.

BUFFALO, N. Y., March 4, 1864.

DR. S. S. FITCH:

I have suffered exceedingly from asthma. I am forty-nine years of age. For six weeks before I saw you I suffered all I thought I could suffer from asthma. I had a most severe cough, would at times cough all night. I could not lie down at night. I raised very much, but the terrible trouble was my breathing; for hours together it would seem to me that I must expire for want of breath. My struggles to get my breath were awful. Any exercise, or the least attempt to do any work or move about would at once threaten to kill me. In this state I called on you the eighth day of January last. I have used your remedies faithfully, as you have directed. I now find myself all but entirely well. I have no cough, no pain, no expectoration; all that remains of the terrible disease is a little, very little short breathing on exercise. Refer any one to me you please.

Respectfully yours,

DONALD McINTOSH.

DISEASES OF THE HEART.



These diseases are usually considered fatal by all the medical faculty. As far as I know, I am the only physician living who asserts the curability of heart diseases. I believe I and my pupils are alone in this branch of practical medicine. During the last twenty years I have treated a great many cases of heart affection and disease. Nearly all have got well, and stay well. I treat heart diseases with great pleasure, as I always cure them, or nearly always. The exceptions are very few, both in young and old.

Heart disease is characterized by pain about the heart and left breast, often extending to the left arm, also a crowding in the left chest, very uneasy, strange feeling there; also irregular action of the heart, quick, rapid breathing on exercise, stoppage of one or more beats; beats rapidly and stops with a sudden jerk, as if turning over; fluttering in the left side and pit of the stomach like a bird; beating in the stomach; long breaths, often instantly cut off by a sharp pain under the lower part of the breast bone or left side; throbbing at the pit of the stomach; great difficulty or impossibility to go up hill or up stairs; panting, breathing, choking often in swallowing; any effort, walking against the wind, or lifting, or any unusual or sudden exertion will produce palpitation and stoppage of the heart. If very bad, not able to lie down night or day, very nervous and alarmed by any sudden excitement. Eating heavy meals affects the heart. Dyspepsia, indigestion, and costiveness, all aggravate the heart trouble. The head is often confused, fulness of the head, rush of blood to the head. A strong tendency to palsy and apoplexy; weakness of all the left

side ; sudden starting on going to sleep ; swelling of the face and under the eyes ; swelling of the feet and across the stomach. In some cases, sudden acute shocks of pain dart like lightning through the chest and heart, at times affecting most severely the left arm at the insertion of the deltoid muscle. Fulness and throbbing in the head ; often a throbbing is felt all over, especially on first going to bed ; often a sudden starting up, just as falling to sleep. All sedentary persons, scholars, teachers, professors, bankers, clerks, judges, all especially of full habit, fleshy, and who take little exercise, may become subject to diseases of the heart. Late suppers are often fatal to such persons.

Case of George D. Webber, Conductor on the Hudson River Railroad.

This gentleman called on me Sept. 1, 1859. He was a young married man, living at 569 Broome-street, in this city. He once had suffered from rheumatism. He had suffered nearly all his life with sick-headache. For two years past he had experienced very much palpitation, pain, and distress at his heart. At times swallowing was difficult, and he would have spells of very short, difficult, panting breathing. He suffered much from dyspepsia ; his food would lie heavy upon his stomach, as if a heavy ball were in it. His food would ferment and sour, generating much wind. He was very bilious. About once in a month or ten days all his sufferings would be much increased with sharp, severe pains through his heart, his left side, and back. His liver was much affected. His bowels would be very costive sometimes, then changing into a bad diarrhoea. His appetite was poor, his strength feeble, at times hardly able to do any thing. On examination, his heart was found to be much enlarged, so as to lift up the ribs over it, and to push the gullet towards the right side, at times ; and also to press upon the left lung, producing very short breathing. From the heart itself proceeded a heavy rasping sound, showing that the valves were

much affected. The circulation was very feeble. His feet and hands were habitually cold. In person, he was of medium height, and spare. He had been doctored two years without much, if any, benefit, but growing worse every month. All his medical advisers had pronounced his case hopeless. This was his situation and hopes when he applied to me. His heart was so enlarged, and his constitutional injuries so great, that he was obliged to take medicine two years; all the time, however, continuing at his business. His recovery was at first slow, as such bad cases usually are. I met him a few weeks ago, and he told me he was perfectly well.

NEW YORK, March 12, 1864.

From the Hon. John Kelly, M. C., from New York City.

NEW YORK, Nov. 24, 1857.

DR. SAMUEL S. FITCH:

My dear sir—Supposing that others, afflicted as I have been, may be benefited by the knowledge and use of your remedies and treatment, I am induced to write you this communication. You may make any use of it you may deem proper. For a number of years I have been afflicted with what I supposed to be disease of the heart. At times I have had great distress in the region of the heart and left side, occasionally violent palpitation and fluttering of the heart; the circulation of the blood seemed to be slow and obstructed in some way; my digestion was very imperfect; I was nervous and despondent; was troubled with headache very much, and had turns of sinking, faint, prostrate feeling, which were distressing and alarmed me. Having tried numerous remedies, as recommended by physicians, and without any apparent benefit, I gave up all hopes of obtaining relief, when I was advised by a friend of mine to call upon you, as he felt confident that you would be able to relieve me. I am glad to inform you that his predictions have been fully verified. The medicines and treatment you prescribed for my case have had a well-nigh miraculous ef-

feet upon my system. I am now nearly restored to my usual good health, and by the aid of your remedies, and the help of a kind Providence, I hope finally to be completely so. I would most certainly recommend your treatment to any who may be afflicted as I have been.

Very truly yours,

JOHN KELLY, M. C.

Mr. Kelly is well—March, 1864.

From Mrs. E. K. Clement, Pennsylvania.

STROUDSBURGH, Monroe Co., Pa.,

February 23, 1854.

DR. S. S. FITCH:

Dear sir—It will be three years next winter since I called to see you. I was then pronounced in the last stage of the heart-disease, by the physicians of this place. They said there was no hope for me. I was then induced by entreaties of my husband to go and see you, yet with but very little hope of being cured. You gave me remedies, etc., which I took, and followed your directions to the letter, and in six months' time I could say "I am well." I can sleep as sweetly as a little babe, and on my left side as well as my right, which I could not do for years previous.

Since my cure of the heart disease, many have been induced to try you, and several more are going to see you this spring. Our doctors *must* and *do* acknowledge that you can cure that disease.

Yours truly,

ELIZABETH K. CLEMENT.

From John Knowls, of Virginia.

NORFOLK, VA., April 11, 1858.

DR. S. S. FITCH:

Dear sir—It is with pleasure that I state to you that the remedies you have prescribed for me have had a wonderful ef-

feet already. I feel as if I were a new man. I have had no palpitation for the last two weeks; and I have only had that throbbing at the pit of the stomach twice since I commenced to take your medicine. I will be very thankful to you if you will send me some more of your Heart Corrector and some Pills, as I am entirely out. With heartfelt gratitude for the good you have done me, I am

Yours truly,

JOHN KNOWLS.

Another most remarkable Cure of Heart Disease.

If the following homely, but graphic and truthful narrative, does not convince the reader that heart-disease may be cured, and excite at least some interest in that system of treatment by which this cure was effected, it must be because his prejudices are invincible.

TAMWORTH, Carroll Co., N. H.,
December 9, 1857.

DR. S. S. FITCH :

Dear sir—I must apologize to you for not writing to you before. I certainly ought to have done so. At the time I applied to you I had taken so much medicine that did me no good, that I gave up all hopes of recovery; and, to be honest about the matter, I thought the same of yours. But, sir, to commence the narrative of my case: Nine years ago I was taken with a slight pain in my heart; and just before I had the pain, there appeared to be a raw or sore spot on the heart about as big as a five-cent piece. But it may have been imagination. It was, at all events, pretty sore, and I suffered the most excruciating pain in the heart. Then the heart commenced palpitating, and by spells it would entirely stop. One time, in particular, I fell senseless in my house; the neighbors were called, and by their timely aid—by rubbing and putting something stimulating into my mouth—I came to myself again. My family became more alarmed than ever, and also my friends;

they said that they thought I was past cure. I called on the best doctors of the day, as they were thought to be; they said, all as one, it was the heart complaint, and could not be cured. I was then very weak. Some of them told me they could make me easier. They left me some medicine, but all they prescribed hurt me, and I gave it back to them, one after another. After taking the medicine of the last one of them for some days, he came to see me and found me lying upon the floor, for I had not lain on a bed for five weeks. I told him his medicine would kill me, and he had better take it away, which he did. The doctors all said that my disease was incurable. By chance I got one of your almanacs; I read it, and it gave me some hopes. But my hopes were small, for I had not laid my head on a pillow for about three years. I had to sit up in bed with my shoulders covered up—I could not breathe if I laid down. Then, as the last resort, I thought I would write you—I think it was in October, 1852; and I stated my case as near as I could. You wrote me that my ease was a bad one, but you thought you could help me. Even this encouragement almost gave me new life. You prescribed for me, and I got your medicines of one of your agents in Dover. There were a number of kinds, but the Heart Corrector seemed to revive me at once. In a few days I went out to my shop, some twenty rods from the house, where I had hands at work; I had not been there for six weeks. My health rapidly improved.

Some of the doctors told me, before I got help, that if Dr. Fitch helped me so that I could ever work again, they would go in for him on heart complaints; they are surprised now to think that I am so well. I now do as much work on my farm as I ask any man to do. If any one wishes to address me he is at perfect liberty to do so. This is at your service, and may God ever bless you, here and hereafter.

Yours, with respect,

BENJAMIN F. TWEMBLY.

DYSPEPSIA.

This is a disease of the stomach, existing in all degrees, from very slight to great sickness, almost unable to eat any thing, attended with sour stomach, belching of wind, great oppression at the stomach. After eating, the food lies like a heavy load. At times great pain is felt in the stomach, and swelling and distention. The food remains long on the stomach, ferments and sours. In some cases it continues in the stomach weeks and months; many articles becoming wholly indigestible. The liver is usually sluggish, and the bowels constipated; but in some cases a diarrhoea will exist. This state of the stomach often deranges the whole system, causing palpitation and great nervousness, pain between the shoulders, nervous headaches, and great debility. Dyspepsia at times leads to fatal diseases, and may itself become fatal.

Causes of Dyspepsia.

There are two principal causes of dyspepsia. One is a universal debility of the system from long-continued sickness, scrofula, debilitating studies, excesses, &c.

But the most common cause of dyspepsia is a humor on the coats of the stomach, which occasions a burning in the stomach, and tenderness at the pit of the stomach, and congestion and thickening of the coats of the stomach. In some cases, patches of the mucous membrane become denuded by the humor. Canker and eruptions come on the coats of the stomach, which extend up the gullet to the throat and mouth, occasioning hoarseness and cough. At times, dyspepsia affects the eyes;

causing floating specks before them, and dimness of vision. I could add a great many more symptoms, but have not the space.

Curability.

Dyspepsia is with me, always, or nearly always, perfectly curable.

BOSTON, MASS., Jan. 4, 1858.

DR. S. S. FITCH:

Dear sir—I must write to thank you for the wonderful relief derived from the remedies you gave me when I visited you last November. I think I was about as miserable a Dyspeptic as you ever saw. I cannot describe my symptoms: a terrible and most obstinate sour stomach, headache, pain all through me, nervousness, emaciation, a dark bilious look of the skin and eyes; hardly any food would agree with me at all. In short, I was almost sick of life. If you were to see me now, you would not know me. I have gained 21 pounds of flesh, feel strong and hearty, find my dyspepsia all gone.

Yours, with true gratitude,

MARY SAUNDERS.

LIVER COMPLAINTS.

This disease is characterized by pain and swelling of the right side; lifting up the right short ribs; a sense of weight and pulling from the right side on lying on the left side. The whites of the eyes become yellow; so does the skin. Most violent sick-headache and bilious vomiting often occur. Jaundice often is developed; swellings of the face, feet, &c.

Dropsy often arises from liver complaints. The bowels are usually torpid; absence of bile in the evacuations; at times the bowels are loose, and a chronic diarrhoea prevails. The face becomes very sallow, almost black in some cases. The finest complexion is soon ruined. The stomach is always injuriously affected by any disease of the liver. Low spirits and hypochondriasis mark the disease.

Nearly all cases of liver complaint are curable.

39 HAMMOND-STREET, N. Y.,
March 23, 1858.

DR. S. S. FITCH:

Dear sir—I write to say to you that I have derived very great benefit from the use of your remedies. For the last 30 years, until recently, I have been subject to violent bilious attacks, commencing with a chill, pain in the head and back, and in the bones, followed by fever, sickness, and great prostration, often lasting several days. No remedies that I could get, or advice of physicians, would prevent a recurrence of these attacks. Two years ago I commenced using your remedies, with entire success. I have hardly, during my life, enjoyed such uninterrupted good health as since I have made use of your remedies. One of my daughters, who has been, during most of her life, subject to violent attacks of sick-headache, has been entirely cured. You are truly a public benefactor.

Yours, respectfully,

A. SEYMOUR.

SIX MILE RUN, Somerset Co., N. J.,
January 12, 1858.

DR. S. S. FITCH:

Dear sir—It is due that I should thank you for the very great benefit I have received from your remedies. For several years I have suffered with sick-headache and a torpid liver. The

attacks of headache came on periodically, and lasted generally three or four days, sometimes a week; and the pain and sickness I endured are indescribable. For more than a year now, I have been free from them, having been completely relieved by your remedies. I would with great confidence recommend your treatment to others similarly affected.

Yours, truly,

JOHN POOL.

REV. JAMES WELLS, of this city (New York), says:

I cannot forbear expressing to you my gratitude for the most delightful relief I have experienced from your remedies. I was, for years, the victim of distressing headache, which made my life a burden, and, at times, almost totally disabled me from any mental effort; in fact, disqualified me for any duty. Thanks to a kind Providence, last November I made use of your remedies. In the course of three or four days, my head was relieved, and I have had but little return of the pain, which I at once relieve by your remedies.

January 12, 1858.

BREWERTON, Orange Co., N. Y.

DR. S. S. FITCH:

Dear sir—I have been out of health for a year past. One year ago, or a little more, I had a run of the bilious fever, which left me in a very low state of health. I had a constant diarrhoea—for several months could not exercise at all without bringing it on. I tried various medicines, and consulted a number of physicians, but all without relief. I was very soon cured by your remedies. I can cordially recommend them.

Yours, truly,

CHARLES P. ADAMS.

Case of George C. Marshal, Esq., of Poughkeepsie.

This gentleman called on me September 23d, 1848. He was very pale, utterly prostrated, exceedingly emaciated. He had a constant diarrhoea, and most distressing piles. He almost utterly despaired of cure from any quarter, as all remedies had failed. Within three months, he was restored to health. The last time I saw him he was very well, and had regained all his usual flesh and strength. He had been out of health four years and a half.

Case of Baron H. Tatiosyan.

July 10, 1851, I was urgently requested to call on a gentleman living in 101 Fourth Avenue, below Thirteenth-street, east side. I found him very ill with chronic diarrhoea. He said, "You are the one-hundred-and-twenty-third doctor I have consulted in three and a half years past. I have expended seven thousand five hundred dollars trying to regain my health. I spent six months in England trying to obtain relief. I consulted the best physicians in London, but without any good effect. The sea voyages did me no good. I have consulted every physician of any note, in New York, without relief." The back part of his mouth was covered with canker, which extended down the gullet, and spread over the coats of his stomach. His bowels were badly ulcerated, and discharged large quantities of pus every day. He could only eat a little beef tea, with a cracker soaked in it. Nearly all food distressed him exceedingly. This gentleman entirely recovered his health. Within four weeks he returned to his business, and in six months was very well. I met him some years ago; he was then very well.

PILES, OR HEMORRHOIDS.

This complaint is always troublesome, and at times dangerous.

There are three varieties of piles. The first is piles proper, where bunches grow from the internal coat of the lower bowel, near its termination. These bunches often come out, at times, suppurate, and break, causing great pain. In a great many cases, most intolerable itching is experienced.

Piles are supposed to produce or lead to fistula. In some cases, dreadful pains take place at stool.

Blind Piles.

Blind piles occur wholly within the bowels. Nothing comes out. They are often indicated by great pain at the evacuations, and by most intense pain in the back, between the hips.

Bleeding Piles.

This form of piles is very common. They are mostly internal, often bleeding very profusely, most usually after evacuations. Great debility and prostration of the whole system may be produced, so as at times to lead to most dangerous results.

I cannot dwell long on piles. They are perfectly curable. I have treated many thousand cases with unvarying success. I always promptly cure them, when I think it advisable to do so.



URINARY COMPLAINTS.

Diseases of the kidneys, bladder, or water-passages, are always annoying, mortifying, unpleasant; and, at times, they become the most awful and distressing and dangerous diseases that can affect the human system.

Gravel, diabetes, incontinence of urine; ulceration of the kidneys, bladder, and urethra; stoppage, scalding, burning urine, sometimes clear as spring-water, at other times high colored, scanty, thick, red or white sediments or mucus in the water, suppression of water, and finally stone in the bladder, bleeding from the bladder, kidneys, &c.

Most diseases of the kidneys, bladder, water-passages, &c., arise from a bad humor in the blood, which settles on these parts. Stone in the bladder is often produced by drinking limestone water. In most of the limestone districts, many old persons, who have for a long time drank of the lime-water, suffer awfully from stone and gravel.

Suppression of urine, even if partial, soon produces most dangerous consequences to the system.

I have treated a great many cases of urinary diseases with the best success, often when previously declared fatal; and this in persons of all ages and sexes, from three to eighty years old, always curing gravel, and sometimes bad cases of stone in the bladder.

FEMALE COMPLAINTS.

These complaints always call for all the sympathies of the good physician. The most lovely ladies, both single and married, at times fall a prey to diseases peculiar to their sex. These diseases and disorders arise often from falling of the bowels, and displacement of the internal organs; but the most frequent of all causes is a humor in the blood, which settles on all the parts affected. Any cause which weakens these parts, or irritates them, will cause a humor (in those who have impure blood) to settle on them, producing enlargements, discharges, ulcerations—with all the dreadful symptoms that cause a suspension of all the healthy functions; preventing pregnancy, and, at times, forcing the unfortunates to bed, un-

able to walk or stand, and this for years; profuse hemorrhages, unnatural discharges, loss of strength and hope, and, in some cases, fatal results occur.

I have been consulted, during the last twenty years, by nearly thirty thousand ladies, suffering every variety of disease or disorder incident to females. It is indeed rare that any have ever failed of cure. Numbers of bed-ridden ladies have been restored to health and activity. How many have become happy mothers, who had long despaired of it! How many cases of happiness restored to families! I could give hundreds of cases and letters, but have time or space for very few.

It is one of the most pleasing reminiscences of my life to recall the hundreds of lovely ladies who, by God's blessing, I have seen restored to charming happy health, with all its delightful consequences. Ladies may apply to me with perfect confidence of cure.

From John Gordon, Esq., of Ottawa, C. W.

AYLMER, OTTAWA, C. W., Oct. 20, 1856.

Dr. S. S. FITCH :

Dear sir—Two years ago I called on you as the bearer of a letter, citing the case of Mrs. Mary Gordon, the wife of my brother, who was then a very distressed and hopeless invalid. She had some two months previously been severely sick with a violent attack of erysipelas, which had confined her to the bed for some weeks, and which left her much diseased. She was confined to her house, and could not walk across the floor without assistance. Her whole system seemed to be poisoned. She had great distress, dizziness, and a sense of fulness in the head, pain in the chest and sides, between the shoulders and under the shoulder-blades, with a distressing, sinking feeling at the pit of the stomach, with cold chills running down the back and limbs. She had falling of the womb for seventeen years, which was constantly growing worse. The pain in her head was agonizing, and she and her friends feared at times

it would drive her crazy. She availed herself of all the medical advantages which this part of the country affords, but without relief. You prescribed for her, and sent her remedies, abdominal supporter and braces, with medicines. They have cured her; she is completely restored to her health, and can now walk twenty miles, if need be. Her ease has been considered very remarkable by our neighborhood, and has secured the gratitude of herself, her husband, and friends. Your success in this case has induced many invalids in this vicinity to apply to you with various complaints, and almost uniformly they have been helped. Some of your cures have been wonderful. I cannot do less than recommend the sick everywhere to avail themselves of your admirable treatment, confident as I am that it is best adapted of any that is practised to restore the invalid to health. Among those who have used your remedies with benefit, I may mention Miss Kellogg, whose left lung her doctor said was gone; she is well. Also Mrs. Chamberline, and Mr. James Reid. Mr. Reid was far gone in consumption, and is now very much improved. I could name others, but forbear.

Trusting that your remedies may be effective in curing others,

I am, respectfully yours,

JOHN GORDON,

High Constable, District Ottawa, C. W.

From Mary J. Winship, Pennsylvania.

DARLINGTON, BUCKS CO., PA., }
July 5, 1862. }

DR. S. S. FITCH:

Dear sir—It is with great pleasure that I write to inform you concerning my health. Little did I think, when I wrote you, that I would enjoy as good health as I do now. I cannot express the gratitude I feel to you, with the blessings of my Heavenly Father, for the benefit I derived from your medicines. My health is better now than it has been these five years. My kind husband has spent a great deal of his hard-earned money

for the benefit of my health; but I found little relief until I commenced to use your invaluable remedies. They have acted truly like a charm. I have now no pain in my side, until I over-exert myself. My bowels are more regular than they have been for the past five years. I am in all respects wonderfully improved.

Yours, with many thanks,

MARY J. WINSHIP.



RHEUMATISM.

This is a disease of very frequent occurrence; it prevails most in cold, windy situations, and in damp places. Persons exposed to cold and hardship are most liable to it. Rheumatism is characterized by pain more or less intense, which affects the muscles and joints, and the membranes which cover the muscles and bones. The joints are mostly affected, and swell; and if very long continued, you may lose the use of them. There are different varieties of rheumatism; on the nerves it is called

NEURALGIA.

At times, the large joints, such as the knees, will swell very badly, and be very puffy, but attended with little pain. Rheumatism is sometimes complicated with gout. In some, it is a cause of consumption. It at times attacks the joints of the fingers, causing them to swell; if left too long, chalk is at times deposited in the joints; and finally, in some cases, the use of one or more fingers, and often of the whole hand, and even both hands, will be lost; and some persons lose thus the use of their hands, so as never again to be able to feed themselves. Dreadful fate! Always preventable, always curable, taken in season. Rheumatism cripples thousands. It often

settles on the heart, causing heart-disease. I always cure rheumatism if applied to in time.

Case of Mrs. Tucker.

BUFFALO, March 4, 1864.

DR. S. S. FITCH:

For about $3\frac{1}{2}$ years I was subject to a bad cough, bad sore throat and sore mouth, much catarrh, and a great deal of rheumatism. These various diseases continued to increase, until at last I could do no work, and I began to dread a fatal result. About one year ago I called on you in this city, and placed myself under your care. My complaints were obstinate, frequently returning after being checked; but finally all began to yield to remedies, until, in six months, I was all but entirely well. My strength returned; ability to work, to exercise, &c., all restored; no cough, no sore throat, no sore mouth, no rheumatism, no catarrh. I now find I rarely take cold, and consider myself as well as most people. You have all my confidence.

Respectfully yours.

—
UTICA, N. Y., Feb. 13, 1858.

DR. S. S. FITCH:

Dear sir—When I called on you last fall, you will remember that I had been sadly troubled with rheumatism for a number of years. It seemed to have its seat in my back and left shoulder, and at times laid me up entirely. Nobody can tell what I suffered from it. Liniments and external remedies seemed to do me no good. I tried about every thing. Sometimes it went to my legs and feet, and again spread all over me. It was always worse in the spring and fall. Your remedies have cured me.

Yours, respectfully,

JAMES P. MAYFIELD.

OSBORN HOUSE, ROCHESTER,
Jan. 10, 1864.

DR. S. S. FITCH:

I have for years been a great sufferer from rheumatism. In winter I have been subject to sudden attacks, so that at times I was not able to raise one, and sometimes both arms to my head. At other times, one or both ankles would be attacked, so that I could not walk; always attended with severe pain. Your remedies cured me within a short time. I thank you for the cure; I thank you for your kindness in thus curing one whom you knew could only pay you in thanks.

Thankfully yours,

FRANK JOHNSON.

SKIN DISEASES.

Nearly all the diseases that affect the human system are caused by humor in the blood. There are nearly fifty different diseases of the skin, or that in some form appear on the surface of the body, limbs, or face. They are all curable. Some require longer time than others to effect a cure.

The great leading varieties of skin disease are those which are humid, as salt-rheum, of which there is a dry variety. There is also tetter, or ring-worm, with its varieties; also shingles, developing larger pimples; others in the form of little boils, especially affecting the face—in some cases covering the face with a most repulsive mark of red boils. Some develop seales; others are attended with itching and burning. Some produce very little pain, burning, or itching, &c. Most skin diseases may become very injurious to the constitution. Some will strike in, and affect the throat, the lungs, the brain, heart, stomach, bowels, all parts—often the eyes and eyelids.

In doctoring skin diseases, the greatest care should be taken to cure the humor in the blood, and thus cure the skin disease,

and not, by injudicious outward applications, drive the disease to the internal parts.

I have treated almost every variety of skin disease, and usually cure every case I treat.

NORFOLK, Virginia, January, 1854.

Dr. S. S. FITCH:

Dear sir—Last June I called on you, to see if I could be relieved of a most mortifying condition of my face. It was almost black with biliousness. Little red boils were profusely scattered over it—some red, some suppurating—and, with the dark and dusky spaces between them, produced a most repulsive appearance. This had been so a long time. I could find no help, and had no hope of any relief. I am certain no person of taste, male or female, could endure such a sight for one moment without aversion. In this condition, you very kindly undertook my cure. In a few weeks my face was all I could wish. I then had my photograph taken, which the artist sent to the great exhibition in Paris, where it received the first prize, and was sold for forty dollars. I need not say how much I thank you.

Truly yours,

MARTHA HAINES BUTT.

Case of John Reed, Esq.

SHEPHERD'S BUSH, London, England.

Dr. S. S. FITCH:

Dear sir—Three and a half years before I saw you, I was attacked by a painful disease on the back of my hands and on other parts, attended with much intolerable itching and burning. This continued to increase, attended with a discharge of scalding water from the back of my hands. For

two years my hands were wet all the time—water running from them so as to wet my gloves instantly. I could not take a piece of money in my hands, even for a moment, without wetting it. My lungs and throat became affected. I had considerable cough. During this time, I consulted the most eminent medical men in London, amongst whom was Dr. Willan, long celebrated for his treatise upon, and treatment of, skin diseases; also Dr. Ferguson, the Queen's physician. Not in a single instance did I find any relief. In this state I called upon you, at 66 Berners-street, in this city. To my utter astonishment, in two weeks all my worst symptoms were relieved, all running of water from my hands was cured, my health rapidly improved, my strength returned, and I could do a full day's business. I have now been very well for years. I cannot sufficiently express my gratitude.

Respectfully yours.

LONDON, *January 1, 1864.*

BLACK ROCK, N. Y., March 4, 1864.

DR. S. S. FITCH:

Dear sir—For a long time I suffered from a most mortifying skin disease, all over my face. My complexion was truly repulsive, and I suffered much from female troubles. My face was thickly set with little red boils, which were hard, and terminating in little whitish festering points, which, on being pressed, would give out a little soft white matter. Scattered over my face, between the little red boils, came out little black hard points, which, they told me, were the heads of worms. These would remain a while, and form a sore and go off, succeeded by other black points. In this way, crop after crop of little red boils and black spots would come and go. I need not say that my face was utterly repulsive. Frequently I would suffer a great deal of itching and burning over my face, and fever in it, that at times affected my eyes. A few weeks ago,

I put myself under your treatment. I am now most happy to say that all my female troubles are cured, and my general health fully restored. My face is all but entirely well, nearly every vestige of the skin disease is gone, and my complexion is fast recovering its usual brilliancy.

MARY JONES.

◆◆◆

DIPHTHERIA,
OR
DIPHTHERITIS.

Within a few years past, a disease has appeared in this country and many parts of Europe, called Diphtheria, attended with great and sudden fatality, passing to a fatal termination in from a few hours to one week, and even longer. This disease may be said, in a very marked degree, to be a combination of croup and putrid sore throat, attended with feverish symptoms, sometimes highly so at first, but often rapidly falling into a low typhoid state. Like croup, it develops false membrane in the windpipe, trachea, and bronchia, thus rapidly obstructing and closing the air-passages and throat. Like the putrid sore throat, simultaneously with the deposition of false membrane in the windpipe and air-passages, the fauces, tonsils, palate, and palate-arches, become inflamed. On looking at these parts, we very early in the disease notice white spots upon them, as if of dead membrane, surrounded with highly inflamed portions not yet involved in this ulcerative process. As the disease progresses, the posterior portions of the nostrils become affected, and the breath becomes offensive, often in a high degree. The simultaneous progress of these two diseases soon induces difficult breathing, with rapid prostration of the system.

Time when this Disease most Prevails.

This is the same as when croup and sore throats mostly prevail; that is, in the changeable seasons of the year, as in late autumn and early winter, in an open winter, in early spring, &c., during cold, rainy, damp periods. In the clear, cold weather of mid-winter, and in settled periods of summer, it is much less prevalent.

Causes of Diphtheria.

This disease, like nearly all inflammatory diseases, is most usually induced by taking cold—by exposing the neck to cold and damp blasts of wind—by having the neck and throat struck with snow-blasts—by cold, wet feet—sleeping in damp sheets, in cold, damp rooms—by exposure in cold, damp, wet evenings, without sufficient protection—by standing or exposure in cold air, or draughts of air, when the person is much heated. In fact, by any thing that checks perspiration, by wet feet, &c.

Causes Predisposing to Attacks of Diphtheria.

Persons breathing impure air, as where many reside in one house, or live together in crowded rooms, and not particular in cleanliness and ventilation. Any causes that depress the vital powers—low living, dissipation, a depressed state of the system from previous disease—chronic sore throats, and being greatly reduced by over-working, night-watching, and long attendance upon the sick, &c.; by dyspepsia; by eating much crude, indigestible food, and by being very bilious; by loud and long-continued talking, so as to irritate and strain the throat. Many other predisposing causes I could enumerate, but the observing reader can supply them.

Persons of full habit, with fleshy, short necks—fleshy, plump, fair children, and persons abounding with blood—are more liable to this disease than the lean and spare.

At times, diphtheria prevails as influenza does. In this way

it often breaks out in neighborhoods, and by bad treatment becomes sweepingly fatal.

Symptoms of the Disease.

Almost the first symptoms of this disease are a slight sore throat, a slight sense of rawness at the back part of the mouth, followed by a slight difficulty in swallowing. In many cases, these symptoms rapidly increase. In some, the patient feels as if he had a thread or threads in his throat; others feel as if they were breathing through wool. In some cases, the patient feels as if he had a bone in his throat, which grows larger every moment, and rapidly threatens suffocation.

The face assumes an anxious, terrified expression. A fever, suppressed at first, soon develops, and the pulse increases in frequency. The neck swells—the cervical, parotid, and maxillary glands all swell—swallowing becomes more difficult, and often entirely stopped—the voice feeble and shrill—whilst all the powers of life rapidly decline.

Meanwhile the false membrane (albumino-fibrinous membrane) forms fast on the inner surface of the windpipe, the trachea and bronchia, beginning first to form in the upper parts of the windpipe, and if not checked, soon induces suffocation.

Is Diphtheria curable?

From a vast experience in the treatment of croup and sore throat, and much experience in diphtheria, I have not the least hesitation in saying that it is eminently curable in almost any stage of its progress. The treatment should begin as early as possible, but the patient should never be abandoned whilst alive. Hear to no such words as "given up," until the patient actually expires.

Treatment of Diphtheria.

As this disease is so eminently local in its seat, the surest indication is to arrest it as quickly as we can about the throat,

windpipe, fauces, palate, and all the parts affected or liable to be affected.

The remedies should be as promptly used as possible, and every family should have remedies at instant command; for in many cases the disease increases with terrible rapidity. In the onset, use remedies so efficiently as to control the disease and arrest its progress.

First, rub the throat most thoroughly and faithfully with some good liniment, which rapidly irritates the skin. The best for all diseases of this class, either croup or diphtheria, I have ever known or ever have used, is my Pulmonary Liniment. It is perfectly efficacious, and will often cure all slight eases without any other treatment. This liniment may be obtained of most druggists, or of John McKenzie & Co., No. 714 Broadway, New York, who manufacture it. It is a most invaluable family medicine. If you have not this, use any strong liniment you can procure. Equal parts of strong hartshorn and sweet oil may be used, or the following, which is much used by my much-esteemed friend, Dr. Lucien A. King, of 714 Broadway, New York, who has been very successful in the treatment of diphtheria:

Recipe.—Oil of Turpentine, one ounce.

Chloroform, half an ounce.

Cod Liver Oil (or sweet oil), three ounces.—Mix.

All, or any of these liniments, should be rubbed most faithfully over the whole neck and top of the chest.

After this has been faithfully done, prepare a bandage of flannel: about three thicknesses of flannel, and wide enough to fully envelop the throat. Wet this in the coldest water at your command, and put it around the throat as high up as the ears, and down fully on to the chest. Cover this bandage with a dry cloth, so as to confine the wet cloth closely to the throat, thus to sweat the throat, and remove the inflammation and fever. In eases of much swelling, heat, and fever about the

throat, these cold wet cloths may be changed, and fresh cold wet ones reapplied every hour.

The patient should be placed warmly in bed, and draughts of hot mashed onions, or hot mashed boiled potatoes, should cover the whole soles of the feet. Hot foot-baths may be used at first.

The patient should take as follows: One teaspoonful, if under twelve years old, every third hour—taken in a tablespoonful of loaf sugar syrup.

Recipe.—Chlorate of Potassa,.....one-quarter ounce.

Muriate of Ammonia,.....half a drachm.

Liquorice Ball, pulverized,..one-quarter ounce.

Water,.....four ounces.—Mix.

Take this until free expectoration is produced, and the throat is better.

Then continue taking the mixture—a teaspoonful two or three times a day, for a week.

The bowels should be kept free by the use of the extract of dandelion and senna, or with castor oil. Keep the bowels free.

In cases of adults, all the above remedies may be given in tablespoonful doses.

The throat, and palate-arches, and fauces, should receive the earliest attention, and be most faithfully swabbed every half hour to three hours, as far down the throat as possible, with the following mixture:

Recipe.—Nitrate of Potash,.....one-quarter ounce.

Muriate of Ammonia,.....one-quarter ounce.

Well pulverized together. Add to this, one gill of loaf-sugar syrup, or molasses. Small pieces of ice may be kept in the mouth continually.

The Swab to swab the Throat.

A swab may be made by tying a little clean, soft, cotton wool or cotton cloth, on a stick the size of a pen-holder. Tie

it on perfectly secure; let it be the size of a peanut; press down and forward the tongue, and swab the affected parts thoroughly; soft sheep's wool may be used, if you have no cotton wool. If the wash I have given cannot be procured, borax and honey may be used in place of it. Some good wash should be often and freely used.

The patient should take a nourishing diet, as beef tea, chicken soup; sago gruel is excellent. Avoid solid food until all the fever is over, and then return to it cautiously, until entirely well.

In bad, malignant typhoid cases, that have been neglected some time, give at once eight grains of calomel, followed in two hours by a strong dose of fluid extract of senna, or of castor oil, and take the following:

Recipe.—Chlorate of Potassa, . . . half ounce.

Chlorate of Soda, half ounce.

Loaf-sugar Syrup, . . . eight ounces.—Mix.

Dose.—A teaspoonful every fifteen minutes, until the throat is relieved, and free respiration and expectoration take place. For these cases, use all the other external remedies and swabbing, as before directed.

This last mixture will dissolve all the false membrane. If the false membrane after death be placed in this mixture, it is quickly dissolved.

During convalescence the patient should wear flannel around the throat, and avoid all causes which may produce a relapse of the disease.

I would say to every man or woman, do not fear, but boldly treat every case of diphtheria that enters your house or neighborhood. If you cannot at once procure all the remedies that are advised, use such as you have at command. You will certainly cure every case, if you early and literally follow my directions; but called early or late, do as I have directed, and you will witness cures long after the sick have been given up to die.

C R O U P.

This disease may be treated exactly as you do diphtheria. There being no sore throat, you will have no occasion to swab it, or to put wet cloths around it; in all other respects, do as I have directed for diphtheria. In croup, the patients may eat as much loaf-sugar as you can induce them to eat, or they may drink freely loaf-sugar syrup. They may also take equal parts of loaf-sugar syrup and goose-grease; say a tablespoonful of each, every hour. Children may take a little less, according to age. A teaspoonful of scotch snuff mixed perfectly with a tablespoonful of lard, may be rubbed freely on the chest. Diet as in diphtheria. My Pulmonary Liniment, rubbed freely on the throat and chest, is far superior to any remedy I have ever known for croup.

Scarlet fever may be treated exactly as you do diphtheria. Its great danger is from mortification of the throat; hence, watch carefully the throat in scarlet fever. The same medicines for diphtheria, are perfect in scarlet fever. The chlorate of potash will alone cure nearly all cases of scarlet fever.

In February, 1861, I was consulted by a lady who was accompanied by her two children—a daughter, three years; a son, four and a half years old. Lovely children—all she had. Six weeks after, she called again. She told me both were dead of diphtheria. All the treatment was to swab their throats with nitrate of silver. The little girl died in three days—the boy lived one day longer. For twelve hours before his death, he did not speak or move, or scarcely breathe. The doctor came, and pushed open his mouth, and again swabbed his throat with nitrate of silver. The boy rallied all his strength, and said, "Doctor, you ought to know better," and expired.

This practice, in serious cases, is usually fatal, and, I think, calculated to do injury in most cases. I will give another case. An old patient of mine had a child taken with diphtheria.

He doctored it himself, as I direct, and the child got well. Two weeks after, just at sunset, two of his children were attacked with the same complaint. Alarmed, he sent for a doctor, who attempted to cure the children by sweating them, by heating the room, and keeping it very hot all night. Both children were dead in the morning. A few days after, a fourth child was attacked, and the father treated it as I directed, and the child got well.

In the spring of 1862, a lady in Jefferson county, New York, lost her hired girl, a young American woman, twenty-four years of age, by diphtheria, after one week's illness. She herself was then attacked with the same disease. She doctored herself after my directions, and got well. Her little son was attacked also with diphtheria. She doctored him herself as I directed, and he got well.

I never have known a death from diphtheria, croup, or scarlet fever, where the directions laid down in this paper have been faithfully followed.

LAW S O F L I F E.

There are now living in the United States a great many persons, who are over one hundred years old, some one hundred and ten, some one hundred and twenty, and even over this age. It is usually rather felt than expressed, that this great longevity results from a coincidence of accidents. It is not realized that it is a law of life, that the age of men and women may attain to over one hundred years, and under equal circumstances all may attain to one hundred years. God is not partial. His laws are equal.

Let any person live in accordance with the laws of life, using seasonable remedies for any deviations from health, and he may calculate with much certainty upon living to one hundred years.

The laws of life, and the laws for the preservation of life, are few, are simple, are easily stated, and easily remembered.

The first law of life is the full and harmonious development of the whole system, so as to give us perfect symmetry of person.

The second law is to have air in purity.

The third law is to have food, varied in kind, and sufficiently nutritive to sustain all the functions of the system.

The fourth law of life is, that all we eat or drink, must leave the system within a moderate period of time.

To do this, it is indispensable that all the great emunctories, or outlets of the system, should be open, free, and unobstructed.

The emunctories are the bowels, the kidneys, the skin and lungs. If any of these are obstructed, or sluggish in the performance of their functions, good health cannot long be maintained.

Hence, free breathing of pure air; wholesome food—enough, and no more; pure skin, and free bowels and kidneys, are indispensable to health and long life.

With all this, never over work the system, either as a whole or in part. Two days' work in one will soon lay low the strongest man or woman. In reading the histories of such workers, we usually find premature death the consequence. Great mental efforts should be avoided, and moderation, both in mental and physical efforts, be maintained.

I doubt if any person ever died of old age, under eighty years; and the most would reach one hundred years before dying of old age. It is a very common idea that the infirmities of a system a little worn by time, and much by labor, are caused by age, and cannot be relieved. I have always found the diseases of elderly persons as curable and manageable as those of younger ones. They must be doctored with an eye to the fact that the aged, in their constitutions, become measurably like children, and must not be treated with harsh or hurtful medicines. It has been my delightful task, in a great many

cases, to restore the aged to good health, and seeing them recovering their strength and enjoying life as pleasantly as in their best days. I think from fifty to eighty years of life, if in perfect health, are as delightful as any other periods.

CAUSES OF PREMATURE DEATHS.

There are four great causes of sickness and premature deaths:

First, a common cold, or checked perspiration. At least three-fourths of all the diseases originate from a cold or checked perspiration; this neglected, and hosts are sent to premature graves.

I will not describe a cold, but only tell you how to cure it.

When you find you have a cold, if any way serious, put your feet in very hot water at bedtime. Keep them in this hot water at least ten minutes. Salt, or wood-ashes, or bleaching soda, may be added, if you choose,—two tablespoonfuls of salt or soda, or half a pint of wood-ashes, to six quarts of very hot water. Keep the water as hot as you can bear it. Next morning wash the feet in cold water. Use these foot-baths three or four nights or more every week, until the cold is well.

In addition to the hot foot-baths at bedtime, if young and in full strength, take a portion of epsom salts, or senna tea, and a pint of hot herb tea, penny royal, boneset, or mint. Go to bed, cover up warmly, and you will perspire. The physic in the morning will usually carry off all your cold. In persons who are weak, in place of salts use pills, such as my cathartic pills, or my biliary corrector, or any good bitter physic. Repeat the hot foot-baths and physic, until well.

In some cases, if your cold gives you a cough, take some cough medicines, such as my expectorant or cough-curer, or any good cough medicines you choose.

My cough pills taken at bedtime, with two or more of my cathartic pills, will usually break up a cold in one night.

With a cold begin early, and use remedies faithfully until you are well, be it a longer or shorter time. Never let a cold run on you, and you will soon break up the habit of taking cold, and thus save you much sickness.

The second great cause of premature deaths is, eating too much, eating at improper times, and slow bowels, or, in some cases, food which induces diarrhoea or dysentery.

Improper food causes nearly all diarrhoea and dysentery of children and adults, occurring most in hot or very changeable weather; but, with proper food, they will rarely ever take place. Never give opium in the beginning of a diarrhoea or dysentery (opium given at the beginning often causes death); but castor oil, potash, rhubarb and magnesia, &c., at first, to thoroughly cleanse the bowels. Follow, if need be, with the gentle use of cherry brandy, blackberry jam, or a strong tea of blackberry roots, boiled in milk; and, for a diet, for a day or two, flour and milk boiled together. This course will usually stop and cure all bowel complaints in children or adults. A wine-glass of strong vinegar, put into half a pint of hot water, and a tablespoonful of table-salt added, sipped hot, and all taken in half an hour, will usually stop all dysenteries or diarrhoeas. This is for adults—of course, proportionately less for children—taken when disease first commences.

The next effect of too much or improper food, or taken at improper hours, I will mention.

I have seen hundreds of our noblest men killed by eating too much; by eating suppers; thus obstructing and clogging the system.

Nearly all our food should be eaten before two o'clock, P. M., each day. Late dinners, late suppers, of solid food, are never eaten by persons after thirty, others after forty, others after fifty, that are not truly perilous and dangerous.

In the summer of 1863, I doctored a very respectable clergyman—tall, thin, and forty-seven years old. He had been con-

sumptive over two years. He got perfectly well; resumed all his clerical duties. In September, called on me at Utica, N. Y., at 6 A. M. He was taking a pleasure tour to New York city, to be gone three weeks. I never saw a happier man at his restored health. That day he arrived in New York city, put up at a hotel, and next day dined at 2 P. M.; tea at 6, as usual at home. At home, breakfast at 7 or 8 A. M., dinner 12 to 1, tea 6 to 7. He stayed at this hotel one day. On Friday he went to a boarding-house, where he had breakfast at 8, luncheon of cold meats, bread, pastry, pickles, &c., at 1 P. M., dinner at 6, and tea directly after dinner. This course he pursued through Friday and Saturday. Saturday, at 6 P. M., he dined off boiled ham, boiled cabbage, and clams, &c. After dinner he took a walk with his wife, and within one hour fell dead in the street—life extinct in a moment. It was called a disease of the heart, but his heart was well. It was caused by an utter stoppage of all action in the stomach; if I may use the expression, the wheels of life stood still. No hearty meals should ever be taken after sunset.

Apoplexy and palsy usually result from over-eating, or eating at improper hours, and are attended with slow bowels.

A person of full habit should recollect that heavy meals and slow bowels will soon kill. In such, and all persons, constiveness should be obviated by the steady use of aperients, or cathartie medicines. Keep the bowels free at all hazards.

The third great cause of premature deaths is, drinking too much of aleohollic liquors, wines, beer, &c. This subject has been so thoroughly expounded and so eloquently demonstrated by some of our greatest and best orators and thinkers, that I do not deem it necessary to add a word here to what has already been spoken and written.

The fourth great cause of disease is, over-work—over-tasking our powers. I hardly need dwell on this—the proposition is so clear, the facts are so frequent.

A clergyman, for example, attempts to preach and do full

clerical duties—several lectures and prayer-meetings each week—at the same time would acquire several different languages, and write elaborate and extensive literary works. Whilst all this is progressing, in cold winters, he travels to various places—a very distinguished lecturer. He is badly exposed, studies or writes his sixteen or more hours a day, experiences colds, pains, disease, and reeling constitution; still, nobly and madly fights on, until death suddenly removes the brightest intellect and highest acquirements. Then comes the wicked cant, that “God did it.”

A little moderation, a little common sense, and he might have doubled his days. These remarks apply to all cases of over-work, mental or physical, or both, and to both sexes. I say now, let your labors not exceed your strength.

To those invalids who choose me for their doctor, allow me to say: There are very few cases of disease of any part, or however produced, or of long duration, but what I cure. It is only a question of time, depending on the recuperative powers of the system. Do not expect that a disease of long standing can be cured in a week; but take time enough, and use remedies until you are well; then use remedies until your health is all confirmed, when you may confidently expect to live many years in good health. You will still, like other people, be liable to take cold, or contract fevers, or meet with accidents, but learn to use remedies promptly and faithfully, and you will soon get well, so that year after year your health will become strong and permanent. Keeping good health every day will certainly insure you a life extending to eighty or one hundred years.

All who would live long should have occupation. It is of the first importance that we should have employment profitable and pleasant, if possible, but, at all events, pleasant—reading some, but physical exercise and labor more. Never be idle. Do something good, something useful, every day of your lives.

Thus far I have spoken of physical laws; now let me speak of moral ones, and their effects upon longevity.

If you would live long and see good days, cultivate all the virtues and all the affections—outwardly lead a life of morality, inwardly a life of piety. Live close under the wings of the Almighty. So appreciate God and His gifts that you shall love Him. So treat all that they shall love you. Do as you would be done by, and be not an unequal judge in this matter. If there is a slight more deplorable than another, it is that of a person whom no one loves. I will not attempt to describe them, but such have existed. Never lose an opportunity of doing a favor. It is seed that will produce happiness all your life. Drive selfishness from your heart. By this course, no remorse or evil passions will disturb your conscience or rack your system, and your memories in old age will be as pleasant as were your hopes in youth. Time will embrace you gently. In physical strength and mental beauty, you will tread lightly past your hundredth year. In the fulness of your days, God will lift the veil, and you will pass from time fearless and happy.



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